

SEPARATION/DISCHARGE INTERVIEW SHEET

VMET PRINTOUT WEB SITE: <https://www.dmdc.osd.millappj/vmet/index.jsp>

NAME: \_\_\_\_\_ RATE: \_\_\_\_\_ E-MAIL (WORK): \_\_\_\_\_

E-MAIL (PERSONAL) \_\_\_\_\_

SSN: \_\_\_\_\_ DOB: \_\_\_\_\_ NEC: \_\_\_\_\_

EAOS: \_\_\_\_\_ DATE OF SEPARATION/DISCHARGE: \_\_\_\_\_

CURRENT COMMAND: \_\_\_\_\_ UIC: \_\_\_\_\_

WORK PHONE: (757) \_\_\_\_\_ HOME PHONE: (\_\_\_\_) \_\_\_\_\_ CELL: (\_\_\_\_) \_\_\_\_\_

PERSONAL INFORMATION

CURRENT LOCAL ADDRESS: APT/ST NO: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PH: (\_\_\_\_) \_\_\_\_\_

SEPARATION ADDRESS: APT/ST NO: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_ PH: (\_\_\_\_) \_\_\_\_\_

NEAREST RELATIVE (NAME): \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

LEAVE STATUS

TERMINAL LEAVE: Y / N NO. OF DAYS: \_\_\_\_\_ FROM: \_\_\_\_\_ TO: \_\_\_\_\_

ORDINARY LEAVE: Y / N NO. OF DAYS: \_\_\_\_\_ FROM: \_\_\_\_\_ TO: \_\_\_\_\_

DATES OF LAST PERIOD OF LEAVE TAKEN: FROM: \_\_\_\_\_ TO: \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_

EDUCATIONAL INFORMATION

HIGH SCHOOL DIPLOMA OR GED? YES (\_\_\_\_) NO (\_\_\_\_)

ENLISTED UNDER LOAN REPAYMENT PROGRAM \_\_\_\_\_ YES / \_\_\_\_\_ NO

HAVE YOU TAKEN THE NAVY-WIDE EXAM? E4 / E5 / E6 DATE OF EXAM: \_\_\_\_\_

SGLI: \$400,000 \$250,000 \$200,000 \$150,000 \$100,000 \$50,000 OTHER: \_\_\_\_\_

## TRAVEL INFORMATION

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HOME OF RECORD - CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

PLACE OF ENTRY INTO ACTIVE DUTY - CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

PLACE SELECTED FOR TRAVEL ENTITLEMENTS - CITY: \_\_\_\_\_ STATE: \_\_\_\_\_

PLEASE PLACE A CHECK BESIDE ALL MEDALS AND DECORATIONS YOU HAVE RECEIVED DURING YOUR CAREER AND INDICATE THE NUMBER OF AWARDS RECEIVED IN THE BLANK PROVIDED. PLEASE NOTE THAT TO APPEAR ON YOUR DD214 THESE AWARDS MUST BE IN YOUR SERVICE RECORD OR ESR. OTHERWISE YOU WILL HAVE TO PROVIDE PROOF OF HAVING RECEIVED THE AWARD:

- |   |   |
|---|---|
| <p>( ) NAVY COMMENDATION ____</p> <p>( ) NAVY ACHIEVEMENT MEDAL ____</p> <p>( ) PRESIDENTIAL UNIT CITATION ____</p> <p>( ) COMBAT MERITORIOUS COMMENDATION ____</p> <p>( ) MERITORIOUS UNIT COMMENDATION ____</p> <p>( ) GOOD CONDUCT MEDAL ____</p> <p>( ) NAVY EXPEDITIONARY MEDAL ____</p> <p>( ) ARMED FORCES EXPEDITIONARY MEDAL ____</p> <p>( ) HUMANITARIAN SERVICE MEDAL ____</p> <p>( ) SEA SERVICE DEPLOYMENT RIBBON ____</p> <p>( ) NAVY &amp; MARINE CORPS OVERSEAS RIBBON ____</p> <p>( ) NAVY RECRUITING SERVICE RIBBON ____</p> <p>( ) COAST GUARD SPECIAL OPERATION RIBBON ____</p> <p>( ) NAVY "E" RIBBON ____</p> <p>( ) NAVY FLEET MARINE FORCE RIBBON ____</p> <p>( ) NATIONAL DEFENSE SERVICE MEDAL ____</p> | <p>( ) SOUTHWEST ASIA SERVICE MEDAL ____</p> <p>( ) KUWAIT LIBERATION MEDAL (Kuwait) ____</p> <p>( ) KUWAIT LIBERATION MEDAL (Saudi Arabia) ____</p> <p>( ) GLOBAL WAR ON TERRORISM<br/>EXPEDITIONARY MEDAL ____</p> <p>( ) NATO MEDAL ____</p> <p>( ) GLOBAL WAR ON TERRORISM<br/>SERVICE MEDAL ____</p> <p>( ) EXPERT RIFLEMAN MEDAL / NAVY RIFLE<br/>MARKSMANSHIP RIBBON (CIRCLE ONE)</p> <p>( ) EXPERT PISTOL SHOT MEDAL / NAVY PISTOL<br/>MARKSMANSHIP RIBBON (CIRCLE)</p> |
|---|---|
- PLEASE LIST OTHER AWARDS / MEDALS BELOW:**
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IN ACCORDANCE WITH MILPERSMAN 1160-040, I UNDERSTAND THAT IT IS MY RESPONSIBILITY TO COMPLETE MY PHYSICAL SCREENING WITHIN 90 DAYS, BUT NOT LESS THAN 30 DAYS PRIOR TO MY EAOS INCIDENT TO MY SEPARATION. A COPY OF PHYSICAL SCREENING (SF 88/93) OR (DD FORM 2807-1 & DD FORM 2808) MUST BE DELIVERED TO COMMAND CAREER COUNSELOR NOT LATER THAN 30 WORKING DAYS BEFORE ACTION.

MEMBER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_